

Lunchtime Pilates

Thomas G. Crowder Woodland Center

Come join us during your lunch break for Pilates.

Would you like to stand taller, stronger, more poised and confident? Come join us during your lunch hour for 45 minutes of breath and movement to stretch and strengthen the abs, back, hips and shoulders. Pilates will help lengthen and tone your whole body while minimizing stress and relaxing the body. You will be ready to take on your week!

Dates: Fridays

Oct. 6 - 27 # 210041

Nov. 3 - Dec 1 # 210042

No class Nov. 24

Dec 8 - 29 # 210043

Time: 12PM - 12:45 PM

Ages: 16+

Cost: \$40 Residents, \$65 Non-Residents

Instructor: Alicia Hedges



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

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